Community and school based inter-generational health promotion program, which uses an innovative teaching model by partnering youth with chronic disease patients and focuses on encouraging healthy attitudes and behaviors in three key areas of health namely physical activity, healthy diet and mental wellness.
PROGRAM OBJECTIVES:

• To encourage both youth and senior in adopting healthy attitudes and behaviors in three key areas of health, including regular physical activity, healthy diet and mental wellness.

• To evaluate whether this program could enhance physico-psychosocial well-being and cross-generational perspectives in both elderly and youth.
**Methodology**

**Inter-generational Health Promotion Workshop:**
- knowledge-based quiz games
- practical exercise training,
- healthy modification of diet recipe with food tasting

**Inter-generational Day Camp Activities:**
- Hunting games
- Specially-designed fall prevention drama skit competition

**Strength-based Life Review Interview Workshop**

**Life Review Interview Sessions:**
- A 4-hr specially-designed workshop with life review interview practice sessions
- Total of 4-6 hrs of 1-2 hours per session at 1-2 weeks interval of strength-based life review interviews
- Optional home visits / recreational activities
Results

Excerpts of Elderly and Young People Qualitative Evaluation:

- Young People’s Perspectives towards Elderly: - Value elderly people, understand and not discriminate them

Excerpts: .......Although our views (Young buddies) were different from them regarding “Fishball revolution”, I respect their views as they (matched elderly buddies) had a difficult life in China, worked hard when they came to HK and are already very satisfied with their three meals and basic needs........

- Elderly People’s Perspectives towards Young: - Appreciated the positive impact of their vitality and caring attitude, influencing their current perspectives of young people in Hong Kong

Excerpts: .......They were more polite and patient than what I expected. They made me feel youthful again and these kids could contribute positively to our society. It was a rewarding and memorable experience. I am happier after this program.........
Conclusion

- Promotes health and well-being in youth and elderly
- Effective platform in bridging generation gap towards positive cross-generations perception
- Builds up mutual trust and reciprocity